POWER

USER'S MANUAL

This is HIGH-POWER item; please DO NOT USE THE SAME OUTLET WITH OTHER HIGH-POWER HOUSEHOLD APPLIANCE like air-conditioning etc.
Please choose an outlet exclusively for the machine and make sure the fuse is 10A.

Special tips:
1. Before installation and operation, please read this operation manual carefully.
2. Please save this manual for future reference.
3. Product may vary slightly from the item pictured due to model upgrades

http://www.lifespanfitness.com.au/

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Table of Contents

1. Brief Description

POWER Treadmill (diagram 1) can help complete your goal of keeping fit together with unique and elegant appearance. Easily read panel parameter. Easily operated folding system realizes space-saving. Auto speed range 1-20km/h and auto incline range1-20. All makes it hot home use fitness equipment.
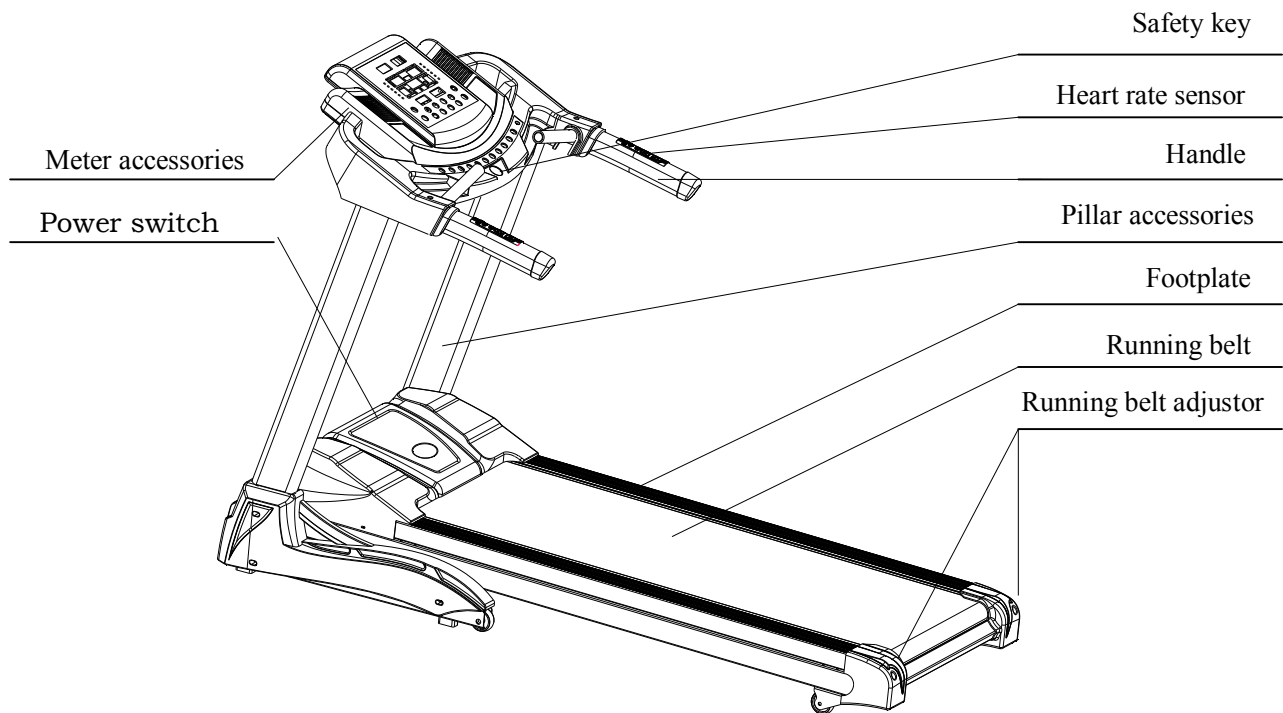
Safety key

Heart rate sensor

Meter accessories

Handle

Power switch

Pillar accessories

Footplate

Running belt

Running belt adjustor

Diagram 1: POWER Treadmill

2. Main Technical Features

Main use: Body and beauty building
This treadmill is for home use
Panel displays speed, time, distance, heart rate, calorie, MP3, body fat, etc.
Display Mode：LCD
Input voltage: 240V±10%
Frequency: 50HZ
Input current: ≤8A
Speed range: 1∽20km/h
Auto incline: 0-20 Levels
Time display range: 0:00∽99:59(minute: second)
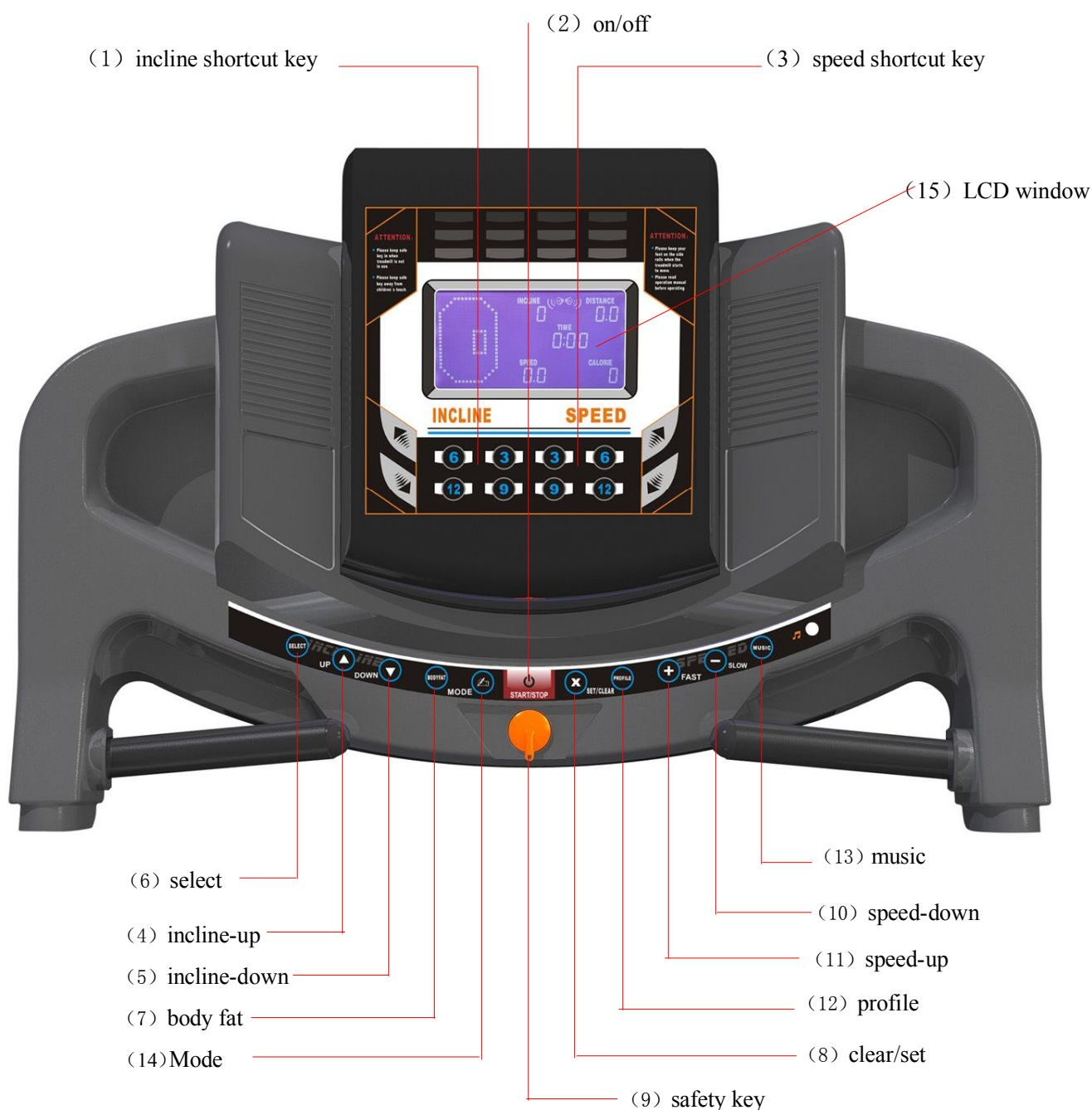Distance display range: 0.1∼9.99kms

3. Tips for Safety

1) Insert the power plug into the socket directly. Current load should be less than 10A

2) The constant running time is less than 2 hours, max weight is about 130kgs.

3) Place your treadmill on the clean floor，not on the thick carpet; otherwise it will not be convenient for ventilation. Also please do not put the treadmill in the moist place or outdoors; If there is something wrong with the electrical wire, please replace it with the electrical wire provided by our company. For the replacement, please contact with the local distributor.

4) The treadmill should be placed in the convenient position for electric socket.

5) The freshman should grip the handrails when jogging and running until familiarly. Please don't stand on the running belt, after the machine is power on (the safe key is at the appointed position).Please stand on the footplates besides the treadmill, press the "start" button, it runs at the lowest speed, at this time you can run on the belt.

6) While running, you should dress properly. Do not dress too loosely in case your clothes are entangled by the machine .And please wear sport shoes with soft sole.

7) Before taking down the protecting cover of the treadmill, please keep the machine power off.

8) Don't let children get close to the running treadmill to avoid unnecessary injury.

9) Please make sure one end of the safe key has been placed in the appointed position   and the other end has been nipped to your clothes when you are running on the machine. In this way, you can pull the safe key to stop the machine immediately under the dangerous condition. Then you will not be injured.

10) If you are enjoying other entertainment while running such as watching TV, reading. Please be particularly careful. These activities will distract your attention, which may make you lose your balance and get hurt.

11) Please pull the plug off from socket and keep the safe key when the treadmill is unused.

12) Please don't put anything under treadmill and don't let your children play near it after folding.

13) Please consult your doctor at first before running, if you have one of the following diseases:
   a) Cardiopathy, hypertension, sugar diabetes, respiratory disease, smoking, and other chronic diseases, complication disease.
   b) If you are over 35 years old and heavier than common weight.
   c) Women in pregnant or in breasting period.

14) Please stop exercising immediately and consult your doctor when you feel giddy, surfeit, thorax ache or other symptoms.

15) Please drink adequate water after taking exercises on our treadmill for more than 20 minutes.

4. Installation: See "Installation sketch"

5. Use and Operation

5.1 Panel Keys and Function

（2）on/off

（1）incline shortcut key

（3）speed shortcut key

（15）LCD window

（6）select

（4）incline-up

（5）incline-down

（7）body fat

（14）Mode

（9）safety key

（13）music

（10）speed-down

（11）speed-up

（12）profile

（8）clear/set

（1）**"incline short cut key"**
   Press this key, the incline goes directly to the chosen height.

（**2**）**"on/off"**

Under ready condition, press this key, it runs at the speed of 1.0km/h. Under running condition, if it runs at speed more than 3.5km/h, it will slow down then stop. During this stopping process, other keys are not available. If it runs at speed less than

3km/h, then it stops immediately.

（**3**）**"speed short cut key"**

Under running condition, press this key, speed can be set to the value directly.

（**4**）**"incline up"**

Press this key, you can choose the incline you need, except for the alarm condition.

（**5**）**"incline down"**

Press this key, you can choose the incline you need, except for the alarm condition.

（**6**）**"select"**

Under ready condition, press this key to enter "distance running" mode, it has four kinds, U1~U4, under this mode, the treadmill will record your total running distance automatically (minimum unit is 500m). And you also can record it by press "clear/set" key after stop the treadmill, its minimum unit is 100m. The records will remain after you shut off the power supply.

（**7**）**"body fat"**

Under ready condition, press this key to evaluate your body fat.

Press once, it will show SEX, press "speed up" and "speed down" key to select.

Press this key again, it will show AGE, press "speed up" and "speed down" key to select your age. (From 10~99years)

Press this key again, it will show HEIGHT, press "speed up" and "speed down" key to select your height. (From 50~250cm)

Press this key again, it will show WEIGHT, press "speed up" and "speed down" key to select your weight. (From 20~200KGS)

Then press "enter" key to get your Bodyfat.

Explanation:

Body fat < 19: too thin.

Body fat 19~25: normal

Body fat 26~30: overweight

Body fat > 30: fat

（**8**）**"clear/set"**

Under ready condition, press this key once, it will clear all the operation. Under ready condition, press this key for 3 seconds continuously, time, distance and calorie can be set. Press "speed-up" or "speed-down" keys, time, distance and calorie can be set. Then press "on/off" key, the machine will run at 1.0km/h. And the set figures will be counted down, when it comes to "0", machine stops. Under running situation, press "reset/set", all

the figures will be kept to "0" except for speed. Then manual model comes.

（9）"safety key"
Under urgent condition, pull this key, machine stops immediately.

（10）"speed down"
Under running condition, press this key, speed can be speeded down to the one you need.

（11）"speed up"
Under running condition, press this key, speed can be speeded up to the one you
need.

（12）"profile"
Under ready condition, press this key to enter own programs mode, you have 3 own programs, C1~C3, please set your programs at first.
Select the program at first, then press "clear/set" key to edit it.
Press "speed up" and "speed down" key to select the speed you want, from 1~16km/h, then press "profile" to set the speed of next minute. After set all the speeds for 16minutes, you may press "start/stop" key to run your program.

（13）"music"
Press this key to open or shut the speaker amplify.

（14）"Mode"
Under ready condition, press this key to choose running program. There is P1-P99, 99 programs in total.

（15）LCD window
    a. "incline": It shows auto incline (range: 0-20 Levels)
    b. "distance": It shows the distance (range: 0 km-9.99km)
    c. "time": It shows time（range:00:00 -99:99）
    d. "speed": It shows speed (range: 1km/h-20km/h）
    e. "cal/pulse": It shows the pulse when it has, if without pulse, it shows calorie (range: 0-999 calorie）

    f. : It will be displayed when MP3 function is in use.

5.2 Unload operating

a. Insert power plug into the socket with earth wire, turn the switch to "1" position which is on the frame

b. Put the safe key in the right position, then circuit is on, press "on/off", keep it

run in unload condition. Test the condition of running belt (testing from low speed to high ones), after testing, press "on/off".

c. If everything is ok, then start to run.

5.3 Meter operating instruction

5.3.1
a. Insert power plug into the socket with earth wire, turn the switch to "1" position which is on the frame. Place the safety key to the appointed position. After a few seconds, panel will show that the machine is ready.

b. Nip another end of safe key to your clothes, and stand on the footplate on both sides.

c. Press"on/off" key, running belt moves at the lowest speed (1.0km/h). Speed windows will display your running speed.

d. Start to run.

e. Press speed key or incline key to adjust speed and incline, speed window and incline window will display your speed and incline .

f. To end your exercise in a safe way, please first press "on/off" key to close the treadmill. Please do not leave the running belt until it stops slowly. Turn off the power.

5.3.2 Heart Rate Testing
Our treadmill can test your heart rate via the heart rate sensor. The data is only for reference.

5.4 Folding and Opening Treadmill

5.4.1 Folding
Firstly lift and fold the back part of the frame board by hand till you hear a light sound, which means the folding system has been locked. At this time running board can't be turned to the opposite direction

5.4.2 Opening
Put the folded treadmill in a capacious position when you want do exercise. Then pull the adjusting parts by hand to keep it unlocked. Press the back part by your hands down to about 10%, release it, then it will open automatically.

6. Maintenance

Reasonable cleaning/lubricating should be made to extend the life time of this unit. Performance is maximized when the belt and mat are kept as clean as possible.

WARNING: THE MAT/DECK FRICTION MAY PLAY A MAJOR ROLE IN THE FUNCTION AND LIFE OF YOUR TREADMILL AND THAT IS WHY WE RECOMMEND YOU CONSTANTLY LUBRICATE THIS FRICTION POINT TO PROLONG THE USEFUL LIFE OF YOUR TREADMILL. FAILING TO DO THIS MAY VOID YOUR WARRANTY.

WARNING: UNPLUG POWER CORD BEFORE MAINTENANCE.

WARNING: STOP TREADMILL BEFORE FOLDING.

6.1 Maintenance and servicing

AFTER EACH USE (DAILY)
Clean and inspect, following these steps:
• Turn off the treadmill with the on/off switch, then unplug the power cord at the wall outlet.
• Wipe down the running belt, deck, motor cover, and console casing with a damp cloth. Never use solvents, as they can cause damage to the treadmill.
• Inspect the power cord. If the power cord is damaged, contact Lifespan Fitness.
• Make sure the power cord is not underneath the treadmill or in any other area where it can become pinched or cut.
• Check the tension and alignment of the running belt. Make sure that the treadmill belt will not damage any other components on the treadmill by being misaligned.

EVERY WEEK
Clean underneath the treadmill, following these steps:
• Turn off the treadmill with the on/off switch, then unplug the power cord at the wall outlet.
• Fold the treadmill into the upright position, making sure that the lock latch is secure.
• Move the treadmill to a remote location.
• Wipe or vacuum any dust particles or other objects that may have accumulated underneath the treadmill.
• Return the treadmill to its previous position.

EVERY 6 MONTHS

It may be necessary to lubricate your treadmill running deck at least once every six months to maintain optimal performance of your treadmill (refer to section 4.4 for information). Only use lubricant provided by Lifespan Fitness! Please contact Lifespan Fitness with questions about applying lubricant to your treadmill.

• Turn off the treadmill with the on/off switch, and then unplug the power cord at the wall outlet.

• Loosen both the rear roller bolts. (For best results, place two removable marks on both sides of the frame and note roller position).Once the belt is loosened, take the bottle of lubricant and apply it to the entire top surface of the running deck. Tighten both rear roller bolts (matching up the marks for proper position) to original position. After you have applied lubricant, plug in the power cord, key, start the treadmill and walk on the belt for two minutes to spread the lubricant.

• Lubricate the air shocks with Teflon based spray.

EVERY 2 YEARS

It is necessary that you change your treadmill motor brushes once every 2 years to avoid damaging your motor. If you fail to change the brushes this may cause the motor to burn out, voiding any warranty.

SERVICING: IF YOU FAIL TO COMPLY WITH LIFESPAN'S MAINTENANCE AND SERVICING STEPS ABOVE, YOU MAY VOID YOUR WARRANTY. IF YOU REQUIRE A SKILLED LIFESPAN REPRESENTATIVE TO UNDERTAKE ONE OF THE STEPS ABOVE, PLEASE EMAIL US AT lifespanfitness@hotmail.com.

6.2 General Cleaning

● Use a soft, damp cloth to wipe the edge of the belt and the area between the belt edge and frame. A mild soap and water solution along with a nylon scrub brush will clean the top of the textured belt. This task should be done once a month. Allow to dry before using.

- On a monthly basis, vacuum underneath your treadmill to prevent dust build up. Once a year, you should remove the black motor shield and vacuum out dirt that may accumulate.

6.3 General Care

- Check parts for wear before use.

- Pay particular attention to the fixing knobs and make sure they are tight.

- Always replace the mat if worn and any other defective parts.

- If in doubt do not use the treadmill and contact our helpline.

TAKE CARE TO PROTECT CARPETS AND FLOOR in case of leakages. This product is a machine that contains moving parts which have been greased / lubricated and could leak.

6.4 Belt/Deck/Roller Lubrication

The mat/deck friction may play a major role in the function and life of your treadmill and that is why we recommend you constantly lubricate this friction point to prolong the useful life of your treadmill.

Lubrication should be applied after approximately the first 50 hours of operation. We recommend lubrication of the deck according to the following timetable:

Light use (less than 3 hours per week) every 6 months

Medium use (3-5 hours a week) every 3 months

Heavy use (more than 5 hours per week) every 6-8 weeks.

See below procedures for lubricating:

1. Use a soft, dry cloth to wipe the area between the belt and deck.
2. Spread lubricant onto the inside surface of belt and deck evenly (make sure the machine is turned off and power is disconnected).

3. Periodically lubricate the front and rear rollers to keep them at there peak performance. If the treadmill belt/deck/roller is kept reasonably clean it is possible to expect over 1200 hours before additional re-lubing is necessary.

6.5 How to check the running mat for proper lubrication:

1. Disconnect the main power supply.
2. Fold the treadmill up into the storage position.
3. Feel the back surface of the running mat.

If the surface is slick when touched, then no further lubrication is needed.

If the surface is dry to the touch, apply a suitable silicone lubricant.

We recommend you use a silicone based spray to lubricate your Lifespan Treadmill. This can be purchased from your local sports Retailer or a local hardware store.

6.6 Belt Adjustment

Belt Tension Adjustment-It is very important for joggers and runners in order to provide a smooth, steady running surface. Adjustment must be made from the right and left rear roller in order to adjust tension with the Hexagonal Wrench provided in the parts package. The adjustment bolt is located at the end of the rails as noted in diagram below:

Left bolt
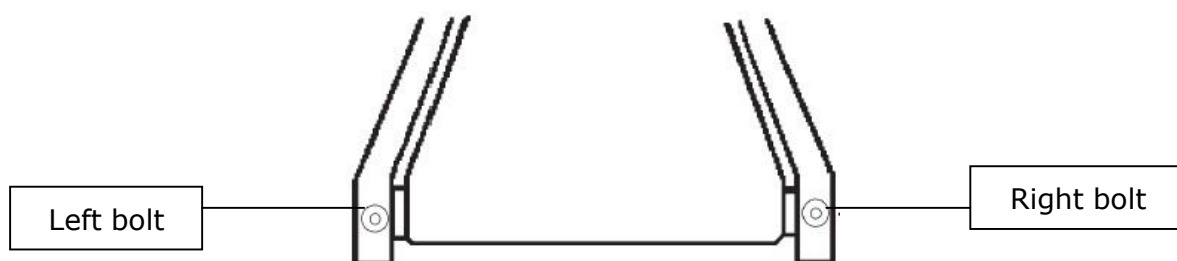
Right bolt

Please Note: Adjustment is thru the small hold on the end caps.

Tighten the rear roller only enough to prevent slippage at the front roller. Turn both the right and left bolt clockwise reasonably and inspect for proper tension.

When an adjustment is made to the belt tension, you must also make a tracking adjustment to compensate for the change in belt tension.

DO NOT OVERTIGHTEN - Over tightening will cause belt damage and premature bearing failure**.**

6.7 Belt Tracking Adjustment:

This treadmill is designed to keep the belt reasonably centred while in use. It is normal for some belts to drift near one side while the belt is running with no one on it. After a few minutes of use, the belt should have a tendency to centre itself. If during use, the belt continues to move toward one side, adjustments are necessary. The procedures are as below:

▲ first set speed at lowest position.

▲ second check the belt shifts to which side.

If the belt shifts to right, tighten the right bolt and loosen the left bolt by using 6mm Hexagonal Wrench, until the belt is centered itself; If belt shifts to left, tighten the left bolt and loosen the right bolt by using 6mm Hexagonal Wrench, until the belt is centered. When adjusting the belt using the 6 mm Hexagonal Wrenches, it is important to adjust the belt in half turn increments. Over adjusting the belt can cause damage to the mat.

7. Guides for malfunction

7.1 Analyzing and eliminating malfunction

Item.	Malfunction	Reasons	Solution
1	Treadmill can't be started	The safety key isn't in the right position	Put the safety key in the right position
		The electrical switch is placed to "0"	Turn the electrical switch to "1"
		Creepage switch is not right	Replace creepage switch
2	Meter can't display	The meter control line and control panel are unconnected	Pull the bolt out and open the motor cover and reconnect it

			Turn on the meter and reconnect
3	Heart rate can't be displayed	The pole of heart rate sensor is not wet enough	Wet the pole with water or liquor for hard contact lenses
		Disturbed by electromagnetism	Stay away from electromagnetism
4	Incline doesn't work	The motor wire is not well connected	Open the motor cover and reconnect it
5	Running belt runs faster or slower than what has been displayed	Unadjusted	Readjust it
6	Running belt slips	Running belt is not tight enough	Please read point 3.3 Adjustment steps for tightening running belt for reference
7	Running belt is deflected	The running belt is unadjusted.	Please read point 3.4 The steps for adjusting the deflected running belt for reference

7.2 If you still can't solve the problems after taking the solutions above, we hope that you can contact our dealer or company as soon as possible.

8. Warranty

8.1 We have assigned well-trained professionals. They are ready to serve for you at any time.

8.2 Within the warranty time, and under your correct operations, our technicians will replace or repair the defective accessories for free. But you will have to pay for the broken parts if the warranty is expired or you use them in an incorrect way.

8.3 Condition beyond Manufacturer's warranty
If the product you purchase has the problems as follows, the warranty is not effective:
a) Improper operating, negligence, accident
b) Wrong adjustment of running belt and poly V-belt
c) Unauthorized take-down
d) Improper maintenance

9. Error and self-inspection

9.1 Error

Treadmill gives the following error code if anything wrong，please contact the prodessional service people soon if it happens.

E1：no speed feedback

E2：no safety key

E3：over loading alarm

E4：incline down alarm

E5：incline up alarm

E6：incline up and down alarm

E7：over speeding alarm

E8：short circuit alarm

E9：main motor alarm

9.2 Self-inspection

No need to self-inspect unless special situation. If necessary, please do it under the instruction of professional technical people or sales because of the high voltage.
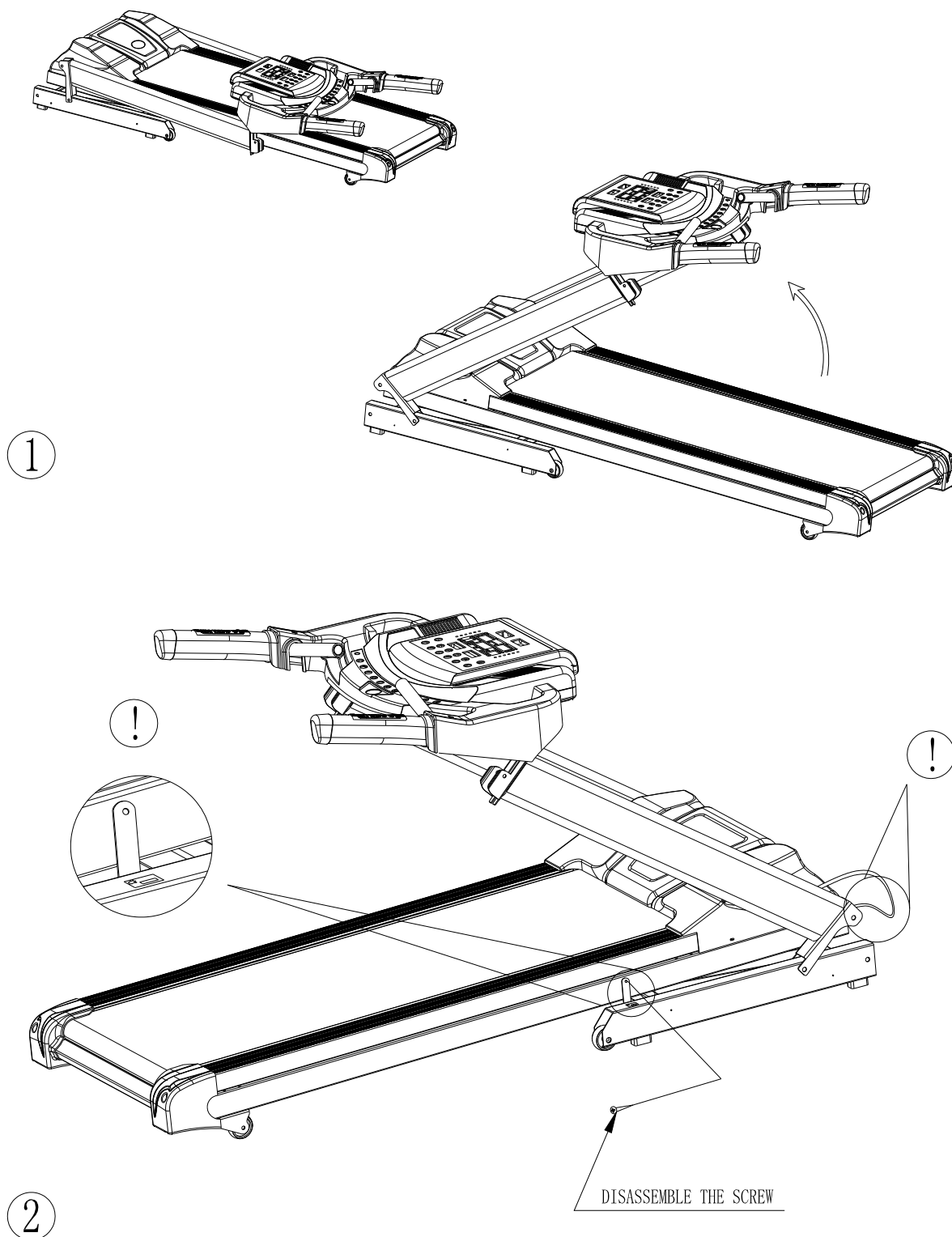
a. Open up motor cover

b. Press the switch on the motor drive board

c. Urn on the treadmill

d. Undo the switch

Treadmill raises up first, and then drops down。Self-inspection is completed 20 seconds after dropping down. The whole self-inspection process takes about 2 minutes.

5052 Treadmill Installing Sketch Map

①

②

DISASSEMBLE THE SCREW

5052 Treadmill Installing Sketch Map

screw M8x16
cushion φ8

screwM4X13

back roller adjustment

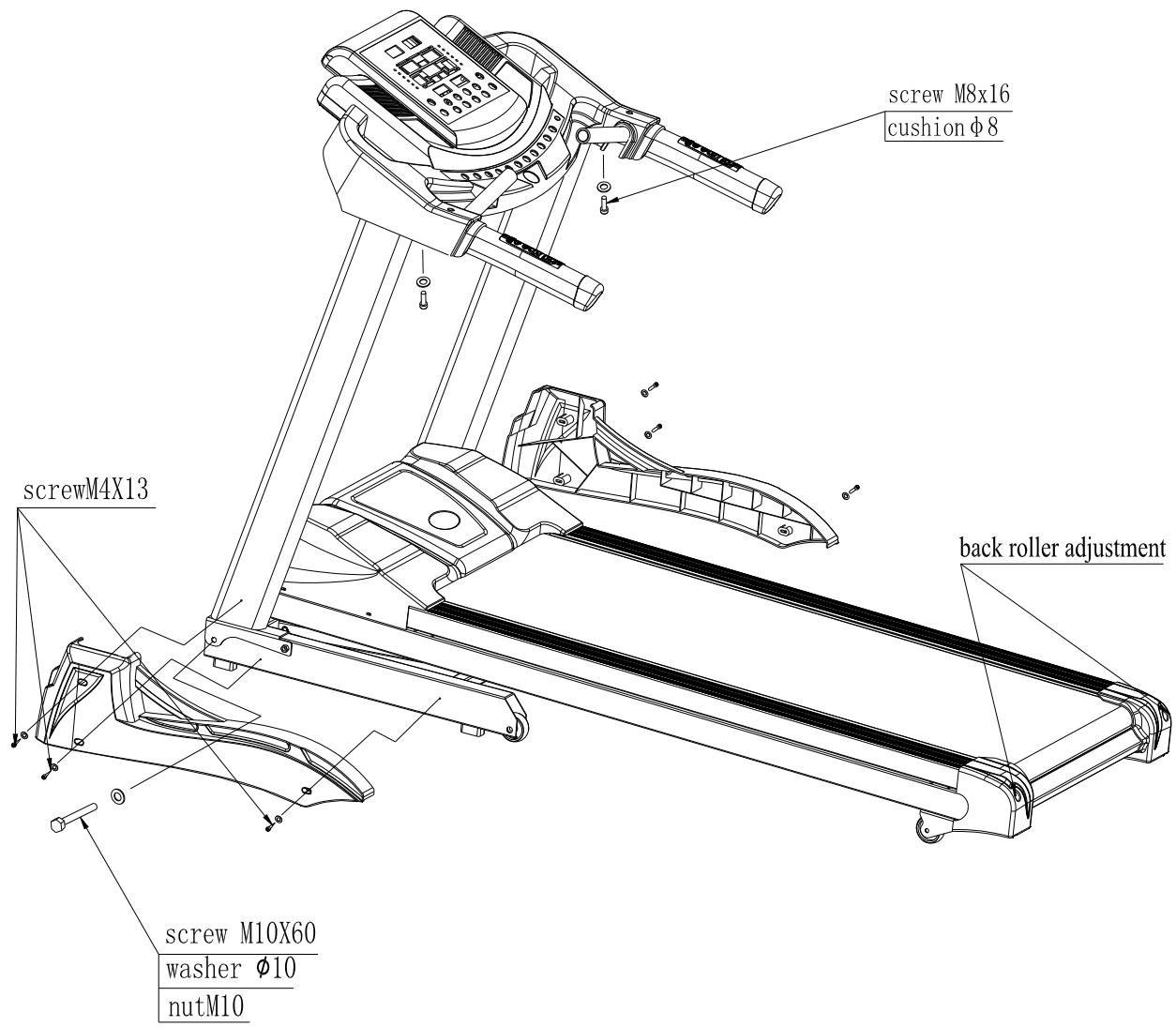screw M10X60
washer φ10
nutM10

图3

Proofreading has been carefully done to the manual, if there are printing mistakes, please kindly understand. If pictures and the real product do not match, please take the product as the final and correct one. If any improvement on function and specification, please kindly understand if you are not informed.

10. Warranty Registration

Please visit the following link to complete the product warranty form online. Please visit: http://www.lifespanonline.com.au/

PLEASE NOTE: YOUR WARRANTY IS ONLY VALID IF YOU CAN PROVE YOU ARE THE ORIGINAL PURCHASER ON THIS ITEM (i.e. A copy of the receipt, invoice, delivery date or internet confirmation).